



# Firstbeat Follow-Up



Firstbeat Lifestyle Assessment

# FIRSTBEAT LIFESTYLE ASSESSMENT

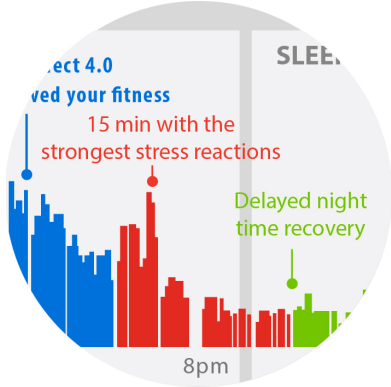


## HEARTBEAT MEASUREMENT

30

people underwent the assessment between

07.05.2017  
-10.06.2018



## PERSONAL REPORT

The participants learned to recognize factors that affect their personal and occupational well-being.



## SPECIALIST FEEDBACK

64

goals were set to improve well-being and performance.



## LIFESTYLE CHANGES

81%

of participants made one or more lifestyle changes to support their well-being.



## FOLLOW UP

88%

would like to participate in the service again to learn more and verify the effect of changes.

# STRESS – MEASUREMENT RESULTS


## Self-reported stress

43% Feel stressed.

## Measured stress balance

 86% Stress and recovery in balance

 14% Elevated amounts of stress

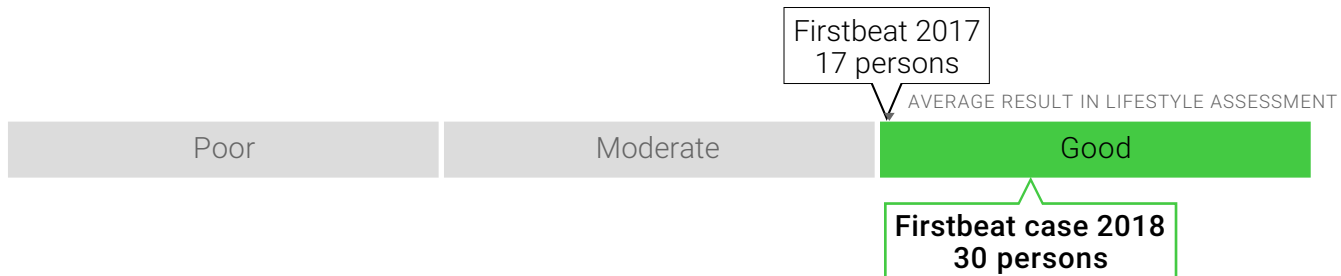
 0% Significantly elevated amounts of stress  
- Further consultation recommended

 The result is based on several variables of stress and recovery.

## Action Points

33% Of the participants set a goal related to stress management

## Measured stress balance - Group result



An employee who knows how to manage stress and balance it with recovery is more efficient and makes less mistakes. Sufficient recovery supports coping, improves resilience and decreases the risk of overload.

# SLEEP – MEASUREMENT RESULTS

## Self-reported sleep

43% Feel that they sleep enough

## Measured sleep

41% Had good recovery during sleep

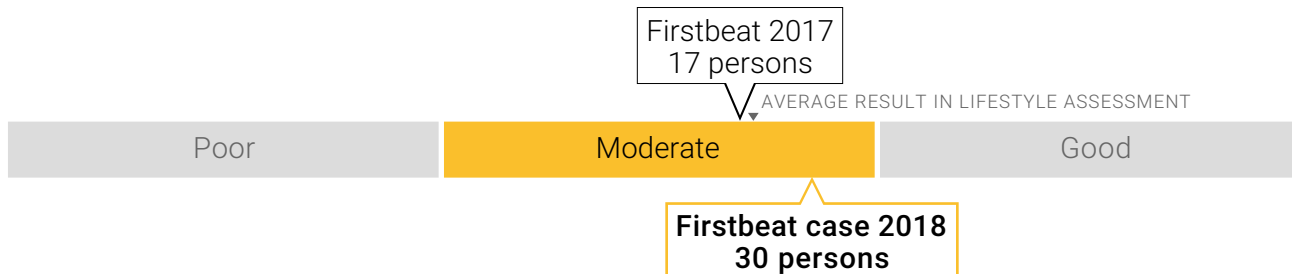
56% Had moderate recovery during sleep

3% Had poor recovery during sleep

## Action Points

47% Of the participants set a goal related to sleep and recovery

## Measured sleep - Group result



Sufficient sleep and good recovery during sleep improve the employee's ability to cope with stress and heavy workload. By improving recovery, we can build resilience for the days ahead.



# EXERCISE – MEASUREMENT RESULTS

## Self-reported physical activity

**50%** Feel that they are physically active enough to get health benefits

## Measured physical activity

**37%** Were physically active enough to get health benefits

**50%** Were moderately physically active

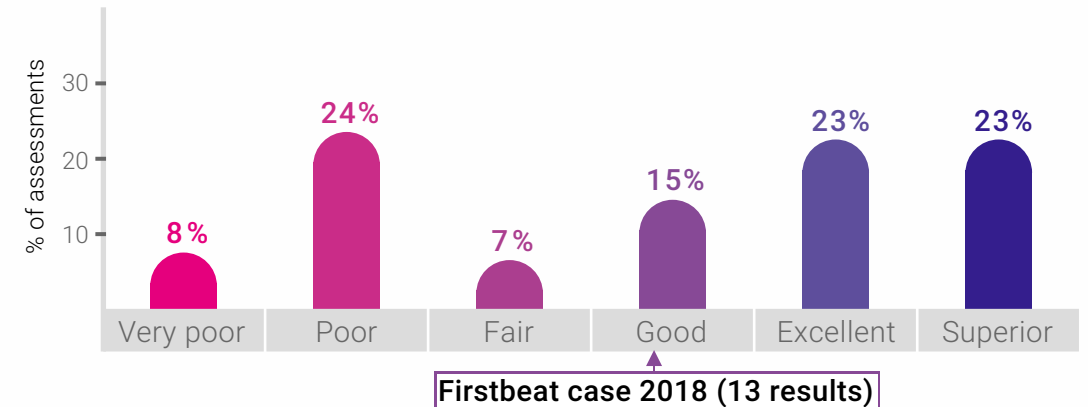
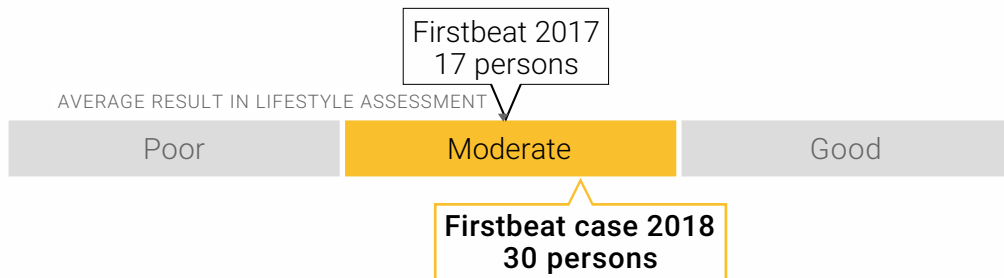
**13%** Were not physically active enough

## Action Points

**47%** Of the participants set a goal to increase exercise and light physical activity.

## Measured physical activity - Group results

## Estimated fitness level - Group results



# GOALS

## Number of goals

**64** Goals in total

**2.1** Goals / person

## Goal segmentation

**33%** Related to stress

**47%** Related to sleep

**47%** Related to exercise

**37%** Related to nutrition

## TOP3 most popular goals

- 1.** I will attempt to go to bed early enough to get enough sleep.
- 2.** I will increase the amount of light physical activity, e.g. by using the stairs, walking short distances and avoiding uninterrupted sitting.
- 3.** I will maintain a regular meal rhythm.



# PARTICIPANT FEEDBACK

I gained valuable information about...

**81%**

Made at least one lifestyle change to support their well-being!

**88%**

Felt that the Lifestyle Assessment helped them advance their well-being.



**75%**

My personal stress factors



**94%**

My recovery



**81%**

My physical activity habits

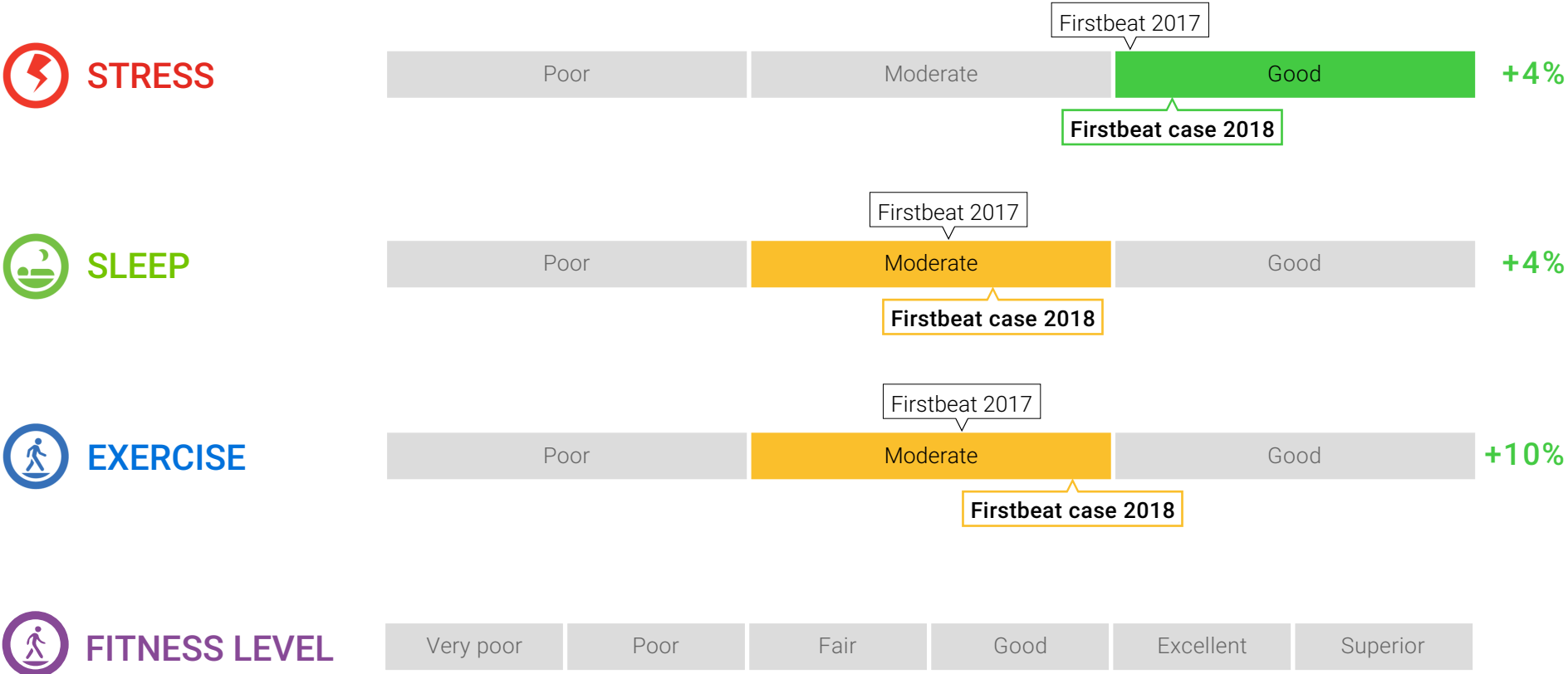
**88%** would like to participate in the service again.

**94%** would recommend the service to others.

The number of respondents in the feedback survey: 16

# GROUP-LEVEL CHANGES BETWEEN MEASUREMENTS

This comparison includes all people who took part in both measurements.







**THANK YOU!**

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